

## Statistics Report 01015, Cheese, cottage, lowfat, 2% milkfat

Report Date: September 14, 2015 15:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	81.24	--	0.128	80.24	81.91	6.0	80.924	81.563	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	81	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	340	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein <sup>1</sup>	g	10.45	--	0.291	8.55	13.27	5.0	9.716	11.189	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) <sup>1</sup>	g	2.27	--	0.052	1.87	2.72	8.0	2.149	2.392	1	Analytical or derived from analytical	--	05/2014
Ash <sup>1</sup>	g	1.27	--	0.026	1.06	1.57	6.0	1.208	1.337	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	4.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	4.00	--	--	3.39	4.81	--	--	--	1	Analytical or derived from analytical	--	05/2014
Sucrose <sup>1</sup>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Fructose <sup>1</sup>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Lactose <sup>1</sup>	g	3.87	--	--	3.23	4.74	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose <sup>1</sup>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Galactose <sup>1</sup>	g	0.12	--	--	0.07	0.16	--	--	--	1	Analytical or derived from analytical	--	05/2014
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	111	--	6.589	76	168	6.0	94.504	127.366	1	Analytical or derived from analytical	--	05/2014
Iron, Fe <sup>1</sup>	mg	0.13	--	0.008	0.1	0.21	6.0	0.113	0.154	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg <sup>1</sup>	mg	9	--	0.242	7	11	7.0	8.491	9.643	1	Analytical or derived from analytical	--	05/2014
Phosphorus, P <sup>1</sup>	mg	150	--	3.455	132	175	9.0	141.808	157.535	1	Analytical or derived from analytical	--	05/2014
Potassium, K <sup>1</sup>	mg	125	--	5.396	91	159	6.0	111.844	137.934	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	308	--	4.229	267	420	8.0	298.575	318.2	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn <sup>1</sup>	mg	0.51	--	0.023	0.36	1.19	6.0	0.453	0.566	1	Analytical or derived from analytical	--	05/2014
Copper, Cu <sup>1</sup>	mg	0.033	--	0.003	0.02	0.07	3.0	0.022	0.043	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn <sup>1</sup>	mg	0.015	--	0.000	0.02	0.02	6.0	0.015	0.015	1	Analytical or derived from analytical	--	05/2014
Selenium, Se <sup>1</sup>	µg	11.9	--	0.105	8.8	19.7	2.0	11.415	12.435	1	Analytical or derived from analytical	--	05/2014
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin <sup>1</sup>	mg	0.020	--	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	05/2014
Riboflavin <sup>1</sup>	mg	0.251	--	0.001	0.19	0.3	3.0	0.247	0.255	1	Analytical or derived from analytical	--	05/2014
Niacin <sup>1</sup>	mg	0.103	--	0.000	0.06	0.12	--	--	--	1	Analytical or derived from analytical	--	05/2014
Pantothenic acid <sup>1</sup>	mg	0.524	--	0.000	0.47	0.58	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.057	--	0.000	0.05	0.07	1.0	0.055	0.059	1	Analytical or derived from analytical	--	05/2014
Folate, total <sup>1</sup>	µg	8	--	--	7	13	--	--	--	1	Analytical or derived from analytical	--	05/2014
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total <sup>3</sup>	mg	16.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine <sup>3</sup>	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 <sup>1</sup>	µg	0.47	--	0.027	0.3	0.59	1.0	0.151	0.791	1	Analytical or derived from analytical	--	05/2014
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	68	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Retinol <sup>1</sup>	µg	68	--	--	62	75	--	--	--	1	Analytical or derived from analytical	--	05/2014
Carotene, beta	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	05/2008



Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	1.235	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0 <sup>1</sup>	g	0.040	--	0.001	0.03	0.05	7.0	0.037	0.043	1	Analytical or derived from analytical	--	05/2014
6:0 <sup>1</sup>	g	0.034	--	0.001	0.03	0.04	7.0	0.033	0.035	1	Analytical or derived from analytical	--	05/2014
8:0 <sup>1</sup>	g	0.027	--	0.000	0.02	0.08	7.0	0.026	0.028	1	Analytical or derived from analytical	--	05/2014
10:0 <sup>1</sup>	g	0.060	--	0.001	0.05	0.08	8.0	0.057	0.064	1	Analytical or derived from analytical	--	05/2014
12:0 <sup>1</sup>	g	0.061	--	0.001	0.06	0.07	9.0	0.059	0.063	1	Analytical or derived from analytical	--	05/2014
14:0 <sup>1</sup>	g	0.199	--	0.003	0.18	0.24	7.0	0.192	0.206	1	Analytical or derived from analytical	--	05/2014
15:0 <sup>1</sup>	g	0.021	--	0.000	0.02	0.02	8.0	0.021	0.022	1	Analytical or derived from analytical	--	05/2014
16:0 <sup>1</sup>	g	0.561	--	0.008	0.48	0.67	7.0	0.543	0.579	1	Analytical or derived from analytical	--	05/2014
17:0 <sup>1</sup>	g	0.010	--	0.000	0.01	0.01	8.0	0.01	0.011	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	0.218	--	0.005	0.18	0.3	6.0	0.206	0.23	1	Analytical or derived from analytical	--	05/2014
20:0 <sup>1</sup>	g	0.003	--	0.000	0	0	8.0	0.003	0.003	1	Analytical or derived from analytical	--	05/2014
22:0 <sup>1</sup>	g	0.001	--	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
24:0 <sup>1</sup>	g	0.000	--	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total monounsaturated	g	0.516	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
14:1 <sup>1</sup>	g	0.020	--	0.000	0.02	0.02	8.0	0.019	0.02	1	Analytical or derived from analytical	--	05/2014
15:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
16:1 undifferentiated <sup>1</sup>	g	0.030	--	0.000	0.02	0.03	7.0	0.029	0.031	1	Analytical or derived from analytical	--	05/2014
16:1 c <sup>1</sup>	g	0.025	--	0.000	0.02	0.03	6.0	0.024	0.026	1	Analytical or derived from analytical	--	05/2014
16:1 t <sup>1</sup>	g	0.005	--	0.000	0	0.01	6.0	0.004	0.005	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <sup>1</sup>	g	0.004	--	0.000	0	0	9.0	0.003	0.004	1	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated <sup>1</sup>	g	0.460	--	0.008	0.4	0.58	6.0	0.44	0.48	1	Analytical or derived from analytical	--	05/2014
18:1 c <sup>1</sup>	g	0.410	--	0.007	0.36	0.51	7.0	0.393	0.428	1	Analytical or derived from analytical	--	05/2014
18:1 t <sup>1</sup>	g	0.050	--	0.001	0.04	0.06	7.0	0.047	0.053	1	Analytical or derived from analytical	--	05/2014
20:1 <sup>1</sup>	g	0.003	--	0.000	0	0	10.0	0.003	0.003	1	Analytical or derived from analytical	--	05/2014
22:1 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
24:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total polyunsaturated	g	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	0.070	--	0.002	0.06	0.09	6.0	0.065	0.074	1	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c <sup>1</sup>	g	0.047	--	0.002	0.04	0.06	6.0	0.043	0.051	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs <sup>1</sup>	g	0.009	--	0.000	0.01	0.01	7.0	0.009	0.01	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined <sup>1</sup>	g	0.013	--	0.000	0.01	0.02	6.0	0.012	0.014	1	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	5.0	0.007	0.008	1	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	5.0	0.007	0.008	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
18:3i <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <sup>1</sup>	g	0.002	--	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	05/2014
20:3 n-6 <sup>1</sup>	g	0.002	--	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated <sup>1</sup>	g	0.003	--	0.000	0	0	8.0	0.002	0.003	1	Analytical or derived from analytical	--	05/2014
20:5 n-3 (EPA) <sup>1</sup>	g	0.001	--	0.000	0	0	6.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:4 <sup>1</sup>	g	0.000	--	0.000	0	0	6.0	--	--	1	Analytical or derived from analytical	--	05/2008
22:5 n-3 (DPA) <sup>1</sup>	g	0.001	--	0.000	0	0	8.0	--	0.001	1	Analytical or derived from analytical	--	05/2014
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total trans	g	0.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol <sup>1</sup>	mg	12	--	0.051	11	13	1.0	11.067	11.937	1	Analytical or derived from analytical	--	05/2014
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <a href="#">2</a>	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Isoleucine <a href="#">2</a>	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Leucine <a href="#">2</a>	g	1.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lysine <a href="#">2</a>	g	0.878	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Methionine <a href="#">2</a>	g	0.253	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cystine <a href="#">2</a>	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Phenylalanine <a href="#">2</a>	g	0.543	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Tyrosine <a href="#">2</a>	g	0.568	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Valine <a href="#">2</a>	g	0.703	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Arginine <a href="#">2</a>	g	0.467	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine <sup>2</sup>	g	0.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Alanine <sup>2</sup>	g	0.409	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Aspartic acid <sup>2</sup>	g	0.963	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glutamic acid <sup>2</sup>	g	2.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glycine <sup>2</sup>	g	0.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Proline <sup>2</sup>	g	1.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Serine <sup>2</sup>	g	0.601	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

**Sources of Data**<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD